

Hagerstown Community College

MASTER SYLLABUS

COURSE: PED 132 01 Beginning Yoga

1 credit

INSTRUCTOR:

DATE: Fall 2016

COURSE DESCRIPTION: Beginning Yoga

TEXTBOOK: Optional –

STUDENT LEARNING OUTCOMES:

1. To have a concrete understanding of the history of the yoga tradition and the purpose of yoga.
2. To develop and increase awareness of body and mind through the discipline of hatha yoga, documented by keeping a journal.
3. To synthesize the practices in hatha yoga for developing a positive relationship with one's self and others, and their own body, breath and mind through applying the philosophy, postures, breathing techniques, relaxation techniques and meditation.
4. To synthesize and apply hatha yoga techniques in everyday life.

Course Workload:

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit

	DIRECT Faculty Instruction In-class 26.25 h required	Student Work Out of Classroom 13.50 h required
Classroom Lecture and Physical Activity	26.25 hours	5 hours of practice (minimum of 20 minutes 1 time a week)
Reading handouts, textbook, research		5 hours (minimum of 20 minutes per week)
Journal Writing		2 1/2 hours (minimum of 10 minutes each week)

Research project		Approximately 1 hour (for mid term and final)
Quizzes/Assessments	Included in lecture time	
Mid Term and Final Exam	Included in lecture time	
Total Hours	26.25 h	13.50 h

Academic Integrity: The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

Services for Students with Special Needs: Students who have special needs are encouraged to identify themselves to the Coordinator of Disability Services as early as possible. Reasonable accommodations based on current documentation are provided to qualified students.